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THE FORT JACKSON LEADER

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BOSS takes care of single Soldiers

If you are a single Soldier on post, you need to be taking advantage of the Better Opportunities for Single Soldiers program, if you have not already done so.

The BOSS program not only has a positive effect on its participants, but it affects the surrounding community because of the numerous community service events and projects that BOSS carries out each year. The program is run by single Soldiers to serve the needs of single Soldiers. There are three components to the program: recreational activities, quality of life and community service.

The BOSS program got its start in 1989 to address the recreational needs of single Soldiers between the ages of 18 and 25, a demographic that makes up 35 percent of the Army. The program was subsequently expanded after members expressed an interest to participate in community service.

Our BOSS participants have built a lot of camaraderie while taking trips to Myrtle Beach, Six Flags and Savannah. They also have numerous activities and get-togethers on post, and FMWR deserves a lot of credit in making many of the activities happen. The events can be planned in conjunction with FMWR activities or solely by the BOSS council. Soldiers assume the primary role in planning the events, but FMWR coordinates them through its BOSS adviser.

**MAJ. GEN.
JAMES M. MILANO**

*Fort Jackson
Commanding
General*



On Fort Jackson, there are approximately 900 single Soldiers, so we need to make sure that their issues and concerns are heard and addressed. The fact that BOSS offers single Soldiers a platform to voice their concerns to senior leadership is of paramount importance. BOSS holds meetings twice a month on the first and third Wednesdays. At those meetings, Soldiers have an opportunity to raise their issues — regardless of how small they might seem to others. Our leaders have shown great support for BOSS, which tells the Soldiers that they care and that their welfare and morale are important.

Just last month, Command Sgt. Maj. Benson and I attended a BOSS meeting, where Soldiers shared their issues with us along with the garrison command team, and

it was an enlightening experience. Some specific items from single Soldiers that gained attention included snack machines in the barracks, locks on the laundry room in the community center, and Internet and cable provider services for the barracks.

Additionally, our BOSS program has an extremely positive effect on the greater Columbia area through its support of community service events and projects. Some of the most recent projects included food and clothing drives, Adopt-a-School, and assistance with the Exceptional Family Member Program talent show.

It's evident that we have an outstanding BOSS program on post, yet I am told that one of the greatest challenges that we face is getting Soldiers involved in it. I am not sure if I understand that. I would think that single Soldiers would be lined up to participate in a program such as this.

Fort Jackson BOSS president, Sgt. Jessica Garrett, puts it this way:

"BOSS is so vital to the single Soldiers because it truly is Soldiers helping Soldiers and helping to make their community a better place."

I concur wholeheartedly. If you're not involved, check it out.

Army Strong and Victory Starts Here!

Month provides time to thank military children for their sacrifice

It's the pre-school child who — without being asked — passes his dessert to his little sister, simply because she looks sad. It's the second-grader who bravely puts a picture of her father at the head of the table for her birthday party, and the fifth-grade siblings who donate all their earnings from their lemonade stand to the USO that both their parents passed through on the way to Iraq. It's the junior high band member who asks if the spring concert can be dedicated to our deployed service members, and it's the high school cheerleader who organizes a "care package" drive. It's the college graduate who clings just a little longer to her father, wishing that her mother was at the commencement ceremony instead of in Afghanistan.

These are our military children; our nation's heroes.

With so much media attention focused on the Soldiers returning from war and the sacrifices they have made for our freedom, we don't want to overlook the children who quietly support them in the background. Approximately 2 million children have experienced the deployment of one or both of their parents in the last 10 years.

They brave their own battlefields. They rely on an inner strength to face each day. They swallow their fears and disappointment because they know that their Soldier-parent is doing something important. They inspire us with their resiliency.

It's hard for the average American to fathom how well our children cope. How those who are old enough to

Commentary

By WILLIAM BRADNER
IMCOM

understand dread an unexpected knock on the door. How much joy they feel when their uniformed parent steps off the airplane in a sea of red, white and blue. Like the Soldier on the battlefield who pushes forward because he or she has to, they push forward, counting the days and hours until the end of the deployment.

Our military children are heroes. Let's not let them be unsung heroes.

Military installations around the world have celebrated the Month of the Military Child each April since 1986. Communities will host fairs, youth centers will sponsor special events, and garrisons around the world will take a little time this month to honor military kids, and thank them for their service.

It's a relatively common sight today to see a stranger say, "Thanks for your service" to a service member in uniform. This month, take it a step further ... take a moment to thank the children holding his or her hands.

Their heroism deserves our gratitude.



Fort Jackson, South Carolina 29207

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NCO Club temporarily closed after fire

By **WALLACE McBRIDE**
Fort Jackson Leader

A storage room fire has temporarily shut down at the NCO Club.

The Fort Jackson Fire Department responded to an automatic alarm 8:17 p.m. Monday, said Fort Jackson Fire Chief Bill Forrester, and arrived to find smoke near the NCO Club's loading dock. A fire in a storage room inside the club had spread to the ceilings of connecting hallways and responders from Fort Jackson and Columbia fire departments had the fire under control in 12 minutes.

Forrester said the fire was caused by an overloaded extension cord that overheated and ignited the surrounding material in the storage room.

The property value of the damages has yet to be determined, Forrester said.

NCO Club Manager Carole Coveney said club operations have been moved temporarily to the Officers' Club. No events scheduled for the NCO Club have been canceled as of press time, but events are being relocated to other locations until the club is operational again. One of those events is Saturday's farewell dinner for Maj. Gen. James Milano. The event was tentatively relocated to the Solomon Center.

"I don't know if there's any serious smoke damage, but the smoke is throughout the whole club," Coveney said.

If you have an event scheduled at the NCO Club in the near future, contact NCO Club Catering Manager Loli Ybarra, who will be working at the Officers' Club. Ybarra can be reached at 782-8762.

Lunch is available at Century Bowling Center and the Golf Club.

Milton.W.McBride.ctr@us.army.mil



Photo by PETER HORAK, Family and Morale, Welfare and Recreation

A fire broke out in a storage room at the NCO Club Monday evening. The fire was blamed on an overloaded extension cord. Smoke damage has forced the club to shut down temporarily.

Women's history event



Photo by JAMES ARROWOOD, command photographer

Chief Warrant Officer 5 Coral Jones, chief of the Adjutant General Corps, speaks during the installation's Women's History Month luncheon Friday at the Solomon Center.

Roberts to take command

Leader Staff Report

National Military Command Center, J-3, on the Joint Staff win Washington.

The Army Training Center and Fort Jackson will welcome Brig. Gen. Bryan Roberts as its new commanding general in a ceremony at 10 a.m., April 10, at the Officers' Club. Roberts will become the 45th commanding general in Fort Jackson history.

Roberts, a native of Hampton, Va., received his commission in 1983. Before coming to Fort Jackson, he served as the director of the Iraq Training and Advisory Team. Other previous assignments include deputy commander of the United States Army Recruiting Command at Fort Knox, Ky., and commander of the 2nd Brigade Combat Team, 1st Cavalry Division, Fort Hood, Texas. He also served as the presidential plans and operations officer in the White House Military Office and as assistant deputy director for operations with the



ROBERTS

He holds a bachelor's degree from Eastern Michigan University in commercial marketing and merchandising, a master's degree from Central Michigan University in administration and a master's degree from the National War College in national security and strategic studies.

Roberts' decorations include the Legion of Merit, the Bronze Star Medal (with Oak Leaf Cluster), the Defense Meritorious Service Medal (with Oak Leaf Cluster) and the Meritorious Service Medal (with Oak Leaf Clusters).

He was deployed to Iraq three times and also served overseas in Germany and Bosnia. Roberts is married with three children.

Roberts will assume command from Maj. Gen. James Milano, who will transition to the private sector after 33 years of service.



Photos by DAVE CHILDERS, IMCOM Atlantic Region Public Affairs Office

Staff Sgt. Jerry Price, right, represented Fort Jackson last week in the IMCOM Atlantic Region Best Warrior Competition. Above, he takes part in the Modern Army Combatives challenge, one of the many tests the 19 competing soldiers faced in the four-day event.

Contest brings Soldiers to Fort Jackson

By WALLACE MCBRIDE
Fort Jackson Leader

The annual IMCOM Atlantic Region Best Warrior Competition took place last week at Fort Jackson, bringing 19 Soldiers from posts around the Atlantic seaboard to compete for the title of “best warrior.”

The event tested the mettle of Soldiers from nine installations, who competed in a variety of training exercises over the four-day event. In the end, Sgt. Ryan Mason, of Fort Drum, N.Y., was the IMCOM Atlantic Region NCO of the Year, and Spc. Keef Turner, USAG West Point, N.Y., was Soldier of the Year.

“It definitely took a lot of time and dedication,” Turner said. “Without my leadership and my own dedication it wouldn't have happened. I want to thank my leadership, I want to thank IMCOM for having the competition to test my warrior skills, so now I know exactly where I'm strong and where I'm weak.”

IMCOM Atlantic Region Command Sgt. Maj. Charles Durr said the event was about individual and unit pride.

“These warriors are challenged both mentally and physically,” Durr said. “They have to take a written examination that tests their combat skills, (as well as) their oral and written communications. It's not just about the

physical aspects. Each of these warriors is tested mentally, as well.”

“It was a really challenging and realistic training competition,” said Staff Sgt. Jerry Price, a chaplain's assistant who was the lone representative of Fort Jackson in the competition. The four-day event took its toll mentally and physically, he said.

“You have to just put your mind to whatever event it is and take it one day at a time,” he said. “It helped me improve my strengths and all of my weaknesses. It was real good training.”

“It shows you your strengths and weaknesses, because everybody has both,” Turner said. “I think it helps as far as ... giving Soldiers motivation to do something great, regardless of if they win or lose. The fear of the unknown is always scary. I encourage everyone to just come out and do it, because it can be done.”

Davis Tindall, director of the IMCOM Atlantic Region, said that successes are often created by previous failures.

“The simple fact that you've stood up and said ‘I will compete,’ you have proven ... you are a professional,” Tindall said. “Every profession — doctor, lawyer, Soldier — has certain creeds to live by. Part of it is constant improvement. You constantly seek ways to make yourselves better.

“The only way to achieve success, it sometimes take



IMCOM Atlantic Region Director Davis D. Tindall, left, and Command Sgt. Major Charles E. Durr present Spc. Keef Turner with an Army Commendation Medal for winning Region Soldier of the Year.

many failures,” Tindall said. “Nobody failed here today, because you've led your organization, your particular garrison, to come here for this event.”

Milton.W.McBride.ctr@us.army.mil

Good nutrition affects child's future

By SARAH GAY

Army Public Health Nursing

A child's nutrition is important to his or her overall health. Adequate nutrition during early childhood is important to physical and cognitive development, ensuring that your children grow to their full potential. Healthy foods will boost a child's immunity, helping the body fight off illnesses. Healthy eating during childhood develops lifelong eating habits, aiding in the prevention of health problems such as obesity, hypertension and Type 2 diabetes during adulthood.

Ensuring that the child gets the proper amount of nutrients daily is an important job for the parent. The best way to teach children the importance of staying healthy is by setting an example and making healthful eating and regular exercise part of the family life.

Children younger than 5 have small stomachs and require small, frequent meals throughout the day. Providing the best nutrition for children involves offering a variety of foods, avoiding high calorie snacks and drinks, and offering foods low in sugar, salt and fat. Offer your child a variety of nutritious foods, including fruits, vegetables, whole grains, protein and dairy. Keep meals interesting by offering a variety of colors and textures.

The kitchen can be a fascinating place for young children. They see grown-ups working briskly in there, watch the steam rise from pots on the stove, and smell what's on

the menu that night. Even older kids might be intrigued by how baked goods and meals come together. It isn't always convenient to invite children into the kitchen to help, but consider doing so when time allows. Younger kids can watch what you're doing and help out with small tasks, like stirring something or setting the table.

Older kids can be taught how to crack eggs or measure ingredients. Even teenagers might be lured into the kitchen if you tell them they can choose the dish, and you will help prepare it with them. To the kids, it will seem like fun. Parents can get something out of this kitchen togetherness, too. First, there's the quality time you will share. Then there's the pleasure of sitting down at the table together to enjoy what you have whipped up.

TIPS FOR HEALTHFUL EATING

— Rethink your drink. Before picking up that can of soda, think about replacing it with something your body needs, like water, milk or 100 percent fruit juice.

❑ Right size your portions. When it comes to portion sizes, bigger is not always better.

❑ Tame the tube. By turning off the TV, you can decrease your child's risk for becoming overweight and spend more quality time together as a family.

❑ Move more every day: Getting enough physical activity can be achieved by simply moving your body.

❑ Eat more healthful meals at home. Eating smart at home is not as hard as you think — it can even save you time and money.

❑ Eat more fruits and vegetables. Work on making col-



orful fruits and vegetables a substantial part of your diet every day.

❑ Breastfeed your baby. There are countless benefits to breastfeeding your baby, both for you and your newborn.

The WIC program is a supplemental food and nutrition education program for women, infants and children. WIC provides nutritious foods, nutrition counseling, breastfeeding support and referrals to other health care facilities. To be eligible, you must be pregnant, breastfeeding, be a new mother, or have an infant or child younger than 5.

Families must also meet income and nutritional guidelines. For members of the military, the WIC program is available at 4555 Stuart St. To find out if you are eligible, call 751-5281. To make an appointment, call 576-1350.

New DCO welcomed

Col. Stephen Yackley was welcomed as Fort Jackson's new deputy commanding officer in a ceremony Monday at Post Headquarters. He assumed his duties March 16. Yackley previously served as the chief of staff, First Army Division, Fort Meade, Md. He is no stranger to Fort Jackson, though, having previously been assigned here twice, as the commander of the 193rd Infantry Brigade and, before that, as the commander of the 1st Battalion, 61st Infantry Regiment.

Photo by JAMES ARROWOOD, command photographer



Housing Happenings

COMMUNITY UPDATES

❑ To operate a home-based business, residents must receive prior approval and a solicitor's permit. To receive the permit, a solicitation packet must be completed. The packet is available at the Military Police station. Residents must also complete a request form to the Balfour Beatty Communities Management Office. The completed solicitation packet and request form must be submitted to the Directorate of Emergency Services.

❑ Balfour Beatty Communities Foundation award an annual scholarship to high school seniors or undergraduate students. Submissions are due by April 15. For more information, visit www.bbcommunities-foundation.org.

❑ Children must wear properly fastened helmets while using bicycles, scooters, skateboards, roller skates and similar equipment. The use of headphones is prohibited while using these devices. Residents who see children riding without helmets or while wearing headphones should encourage them to get in compliance. Violations may also be reported to the Balfour Beatty Communities Management Office or to the MP desk after hours.

❑ The mayoral council is looking for volunteers to serve as mayors. Mayors get credit for volunteer hours, receive training and have the opportunity to improve the quality of life for Fort Jackson residents. Child care is provided while performing mayoral duties. For more information, call 751-7567.

❑ The Yard of the Month Program returns May 1. Yard of the Month winners will be recognized in *The Fort Jackson Leader*, Balfour Beatty Communities website and newsletter. The grand prize winner will also receive a \$50 gift card contest of BBC. Visit the Self Help Center on Ivy Road and browse the lawn and garden tools that can help you cultivate a beautiful yard and flower garden. The center is open Monday through Friday from 8 a.m. to 4 p.m.

❑ LifeWorks events are reserved for on-post housing residents unless otherwise indicated. For questions, comments or suggestions, email ayoungblood@bbcgrp.com.

❑ Refer someone to move on post to receive \$200.

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FMWR survey under way

By EVAN DYSON
IMCOM

SAN ANTONIO — The Army has begun a worldwide initiative to survey members of its communities as part of an effort to improve morale, welfare and recreation programs.

The survey, conducted by the Marketing Research and Analysis Branch of the Family and Morale, Welfare and Recreation Programs Directorate, IMCOM, seeks to identify what customers are interested in, whether they are using available services and if so, how satisfied are they with the programming their garrisons have to offer.

This month researchers began sending invitations to participate in the Army MWR Services Survey.

All participants — approximately 223,000 — were randomly selected from 75 garrisons. The sampling includes approximately 70,000 Active Duty Soldiers; 64,000 spouses of Active Duty Soldiers; 73,000 DoD Civilians and 76,000 Retirees.

ARMY MWR SERVICES SURVEY

MAKING WHAT'S GOOD
FOR YOU... BETTER.



For more information visit
www.armymwr.com

SOLDIER & FAMILY PROGRAMS CHILD YOUTH & SCHOOL SERVICES RECREATION & LEISURE FOOD & BEVERAGE



According to project managers, this survey will directly aid garrisons by giving them feedback from their communities.

"The survey is going to give us the information we need to make sound business decisions based on customer interest," said Joseph Rayzor, marketing chief

for Family and MWR Programs.

Those selected to participate in the Army MWR Services Survey will be contacted by email and mail. The survey may be completed online or by paper survey through April.

Results will be analyzed and compiled into a report by the fall.

Easter preparations



Photo by JULIA SIMPKINS, U.S. Army Chaplain Center and School

Chaplain (Lt. Col.) William Barbee takes Easter baskets to the Installation Chaplains Office for distribution to Soldiers and their families through unit chaplains. The baskets were donated by a local church to benefit military families in need. Barbee is the deputy director of the Center for Spiritual Leadership with the U.S. Army Chaplain Center and School.

Soldier stays active in foster care outreach

By **WALLACE McBRIDE**
Fort Jackson Leader

By Sgt. 1st Class Darrin Robinson's estimate, he has more than 1,000 brothers and sisters.

Though raised in a foster care household, Robinson, an instructor with the Recruiting and Retention School, was not a foster child. His mother was active in foster and shelter care programs as he was growing up, and he learned to share space with the many children who passed through their home.

"We were treated no different," he said. "My mom ran a household that was very structured. If there were eight kids in the house, everyone had a time to be in the bathroom. If you missed your time, you missed your time. It was just that simple. She ran a tight ship."

Growing up in this environment prepared him for life in the military, he said, though people often assume his attitude and discipline happened by chance.

"People would tell me, 'You're a perfect fit for the military,'" he said. "No, I'm the way I am because my mom made me that way."

His life in the military and experiences with foster care came together last Christmas when he became involved in a toy drive on Fort Jackson. At first, organizers at the Soldier Support Institute had no clear target in mind for the collection drive, but Robinson said they decided not to compete with the regular outreach programs on post.

"We put some feelers out there, made some phone calls. My mom is a former foster parent, so the initial calls were made by her," he said. "I didn't know who to contact. My mom got a hold of a lady at (the Department of Social Services) for the county and they said, 'If this is something you want to do, we need all the help we can get.'"

The first plan was to ask SSI students to pledge donations to children in Richland County's foster care program, and manned drop boxes for toy donations were placed in retail stores around the area. And, once SSI students became involved, Robinson said division heads followed.

"It blew up," Robinson said. "We have classrooms that can hold 16 students plus an instructor. We had three rooms where you couldn't even see the floor. We had people saying, 'We can't generate anymore toys, we don't know what to do with them.'"

For gift ideas, they planned to use the "Letters to Santa" contributed by children in foster care, but Robinson said many of those gifts looked out of reach. That problem didn't last long, he said.



Courtesy photo

Sgt. 1st Class Darrin Robinson, rear left, was among the SSI soldiers to collect gifts for children in South Carolina's foster care system last Christmas.

"Just because this kid wants a bike, an iPod or a computer, it doesn't mean we have to buy a bike, and iPod or a computer," he said.

"In some cases there were children who got spoiled," he said. "They asked for an iPod and got an iPad."

Robinson came close to becoming a foster parent, himself, though his duties to the Army and responsibilities to his immediate community were often incompatible.

"When I was little I helped my mom," he said. "But I really haven't had the time, at least during the last few years. Most of the time you work, you get off, you go home. That's the military rut you fall into."

His responsibilities at Fort Jackson have offered a little more free time than at previous posts, he said, which has allowed Soldiers to participate in programs like the toy drive last Christmas. His unit's outreach program is very active, and he was approached as soon as he arrived.

"When I first got here I got snatched up by the outreach group," he said. It was during Christmas and they needed help collecting toys and clothing.

The father of two daughters, Robinson said he was interested in the foster parent program because he wanted

a son, and hoped the program would complete that missing part of his life. His orders to Fort Jackson interrupted plans to become a foster parent at his previous home in Nevada. He had completed 11 classes and had one final obstacle to clear before getting his license.

"I was days away from my home study when I got a set of orders bringing me to South Carolina," he said. "When I got here I still wanted a boy. I've got some friends here who just completed all of their classes for Richland County to become foster parents. But now I'm a grandfather and my oldest daughter has a two-year-old boy."

He hasn't ruled out further participation in foster care, or even adoption. The benefits of taking care of foster care children are tremendous, he said.

"You're helping kids that are in need, that someone probably discarded. There's no reason for them to suffer if you've got something to offer," he said. "My mom has had more than 1,000 kids in her household. People ask me 'How many brothers and sisters do you have?' I tell them I've got about 1,000 brothers and sisters ... I've got brothers and sisters I don't even know about."

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FOSTER CARE IN SOUTH CAROLINA

ENTERING FOSTER CARE

In 2010, 3,171 children entered the foster care system in South Carolina, according to the S.C. Department of Social Services. The primary reasons reported for the 1,514 children reviewed entering foster care were neglect (48 percent), physical or sexual abuse (27 percent) and drug exposure (15 percent.) The remaining 10 percent entered foster care because of abandonment, voluntary placement, dependency, or juvenile offense.

REENTERING FOSTER CARE

Of the 3,171 children reported to have entered foster care in 2010, 24 percent, or 751, had at least one previous entry into foster care. 44 percent returned to foster care from the home of a parent; 44

percent from the home of a relative; and less than 5 percent returned to foster care from an adoptive home.

LEAVING FOSTER CARE

The Department of Social Services (DSS) reported that 3,563 children left the foster care system in 2010. Of the 3,563 children leaving foster care, local review boards reviewed 2,182 children prior to their leaving foster care. The remaining children left foster care prior to a case review. Permanent, legal homes for children are defined as legal custody with a parent or a consummated adoption. In 2010, 66 percent of children reviewed left to the custody of a parent or had a finalized adoption.

Source: Family Service Center of South Carolina



McHugh: Good enough no longer good enough

By REGINALD ROGERS
Fort Bragg Paraglide

FORT BRAGG, N.C. — “Just being good enough is no longer going to be good enough,” said John M. McHugh, secretary of the Army, as he spoke about the Army’s new standard for retention during his visit to Fort Bragg, N.C., Tuesday.

McHugh explained that the service plans to use its retention and selection tools to ensure that it is keeping the best Soldiers.

“It behooves every man and woman in the United States Army who wants to be retained to know that they’re going to have to strive to work harder to achieve greater and higher levels and if they can do that, we’ll be proud to keep them on and keep them as part of what is our objective of remaining the greatest land force the world has ever seen,” he said.

McHugh also acknowledged that the Army might see more rounds of the Base Closure and Realignment Committee recommendations in 2013 and 2015.

“The Department of Defense and, ultimately, the president’s budget has asked for two more rounds of base closures,

in ‘13 and in ‘15,” he said. “We have no authorities to unilaterally conduct those. They have to receive congressional approval and presumably, if it were approved at DA-level, we’re on the same models as previous rounds, including that of 2005.”

McHugh said he does not know if Congress will support the recommendations, but added that from an Army perspective, the goal of a more streamlined force is to be able to manage its property resources and facilities in a way that makes sense economically, which will ensure that the force has more money to spend on the service’s most important asset — people.

McHugh also spoke about recent events in Afghanistan, including the accidental burning of the Koran by NATO forces and the alleged mass killing of 17 citizens in Afghanistan by a U.S. Soldier. He pointed out that while these events have made the mission somewhat more difficult, the American public should keep in mind that they are isolated incidents.

“They’ve obviously served to set the mission back to some degree, but I think we all have to be mindful of the fact that those were very isolated incidents and the fact of the matter is, in terms of all of the

U.S. forces there and our allied coalition partners, the mission continues and we’re going to continue to stay focused on the larger picture.”

McHugh said the Afghan people also recognize the U.S. commitment to their country, despite the incidents. He added that he did not make a connection between the Afghanistan incidents and post-traumatic stress disorder.

McHugh said that jointly, the U.S. military has more than 50,000 service members who are on their fourth combat deployment. The incidents that occurred several weeks ago in Afghanistan are abhorrent, but rare, he added.

“As tragic as they are, they don’t reflect, either the mental health or the incredible sacrifices or achievements of our troops,” McHugh said. “We continue to stay focused on making sure that we have the right behavioral health programs and we’re looking very carefully at obviously the causes, but also the treatment for post-traumatic stress disorder, or PTSD, and other related incidences, but we’re not making a connection between those challenges and the acts that have received so much attention.”

News and Notes

2-39 AWARDS DRILL SERGEANT

Sgt. 1st Class Benjamin Marshall is the first recipient of the 2nd Battalion, 39th Infantry Regiment’s First in Leadership Award. The award was established during a recent reunion of Vietnam Veterans of Company A, 2-39th. It is presented to a drill sergeant for demonstrated excellence in leadership, motivation and dedication. The award is named after former 2-39th commander Lt. Col. Donald Schroeder, who was killed in Vietnam in 1969.

MORTGAGE HELP WORKSHOP SET

A one-day event to assist service members with issues related to home ownership is scheduled from 9 a.m. to 3 p.m., April 11, at the Joe E. Mann Center ballroom. The event offers help with topics like foreclosure mitigation, interest reduction, government programs, short sale, loan modification, refinance options, SCRA protections and PCS entitlements. Participants who seek help are asked to bring all necessary mortgage and financial documents. For more information and to register, call 751-9323.

PROFESSORS SOUGHT

Active duty and active Guard and Reserve lieutenant colonels and majors have the chance to compete this summer for positions as professors of military science with the U.S. Army Cadet Command. To be eligible, officers must have a master’s degree or higher by May 31. For more information, visit www.cadetcommand.army.mil or email pmsboard@usacc.army.mil.

MACH CONDUCTS PATIENT SURVEY

Patients who went to Moncrief Army Community Hospital for an outpatient visit will be mailed a 25-question Army Provider Level Satisfactory Survey. The survey can be answered via email, telephone or by mail. The survey serves as a tool for MACH to improve service to its patients. In addition, as part of the Performance Based Adjustment Model, MACH may receive fund increases or decreases based on the survey scores.

Bedside manners



Courtesy photo

American Red Cross volunteer Stewart Futrell and Chaos, a certified therapy dog, visit Staff Sgt. Annie Yaeger during her recent stay at Moncrief Army Community Hospital. The Red Cross has eight canine volunteers in its pet therapy program. The dogs frequently visit patients at MACH and Soldiers in the Warrior Transition Unit.



Follow the Leader
on Twitter at
www.twitter.com/fortjacksonpao.

Retiring from service



Photo by JAMES ARROWOOD, command photographer

Nine retiring Soldiers are honored during Retirement Review Tuesday in front of Post Headquarters. Pictured are, from left, Col. Paul Forte, Lt. Col. Harry Reed Jr., Lt. Col. Boyd Joey, Sgt. 1st Class Ronald Peters, Lt. Col. Richard Howard, Sgt. 1st Class Holly Howard, Sgt. 1st Class Philip Sharp, Staff Sgt. Kurt Fisher and Staff Sgt. Thomas Forte. Combined, the nine Soldiers accumulated 224 years of service.

UPCOMING CHANGES OF COMMAND/RESPONSIBILITY

- ❑ **Saturday — 2nd Battalion, 60th Infantry Regiment:** 1st Sgt. Ronald Newman will assume responsibility from Command Sgt. Maj. Lloyd Julius; 4:30 p.m.; 2-60th headquarters.
- ❑ **April 6 — 187th Ordnance Battalion:** Command Sgt. Maj. Gregory Collinsworth will assume responsibility from Command Sgt. Maj. Cheryl Greene; 9 a.m.; Darby Field.
- ❑ **April 13 — Garrison:** Command Sgt. Maj. Christopher Culbertson will relinquish responsibility; 9 a.m.; Joe E. Mann Center.
- ❑ **April 27 — Adjutant General School:** Command Sgt. Maj. Christopher Culbertson will assume responsibility from Command Sgt. Maj. Darlene Hagood; 10 a.m.; SSI auditorium.
- ❑ **May 11 — 171st Infantry Brigade:** Command Sgt. Maj. William Huffin will relinquish responsibility; 2 p.m.; 171st headquarters.
- ❑ **May 18 — 193rd Infantry Brigade:** Command Sgt. Maj. Lloyd Julius will assume responsibility from Command Sgt. Maj. Jeffrey Dunkelberger; 9 a.m.; 193rd headquarters.
- ❑ **June 1 — 2nd Battalion, 39th Infantry Regiment:** Lt. Col. Jason Glick will assume command from Lt. Col. Gregg Blumhardt; 9 a.m.; Officers' Club.
- ❑ **June 5 — 3rd Battalion, 60th Infantry Regiment:** Lt.

- Col. Thomas McCardell will assume command from Lt. Col. John Allen; 9 a.m.; Officers' Club.
- ❑ **June 8 — Adjutant General School:** Col. Todd Garlick will take over as commandant for Col. Robert Manning; time and location to be determined.
- ❑ **June 13 — Moncrief Army Community Hospital:** Col. Mark Higdon will assume command from Col. Ramona Fiorey; 8 a.m.; MACH.
- ❑ **June 15 — 120th Adjutant General Battalion (Reception):** Lt. Col. Vincent Valley will assume command from Lt. Col. Michael McTigue; 9 a.m.; Officers' Club.
- ❑ **June 22 — 193rd Infantry Brigade:** Col. Joseph McLamb will assume command from Col. Drew Meyerowich; 9 a.m.; Officers' Club.
- ❑ **July 12 — Training Support Battalion:** Lt. Col. Neil Mahabir will assume command from Lt. Col. Sula Irish; time and location to be determined.
- ❑ **July 20 — 171st Infantry Brigade:** Col. Mark Bieger will assume command from Col. George Donovan; 9 a.m.; Officers' Club.

To announce a battalion level or above Change of Command/Responsibility, call 751-7045 or email fjleader@gmail.com.

SPECIAL WORSHIP SERVICES

The following special worship services have been scheduled:

- ❑ **Wednesdays**
 - Stations of the Cross (Catholic): 5:30 p.m., Main Post Chapel, followed by bread and soup meal
- ❑ **Sundays**
 - Eucharist (Catholic): 8 a.m., Solomon Center
- ❑ **Monday-Thursday**
 - Eucharist (Catholic): 11:30 a.m., Main Post Chapel (except on training holidays)
- ❑ **April 5**
 - Holy Thursday (Catholic): 7 p.m., Main Post Chapel
- ❑ **April 6**
 - Passover Seder (Jewish): 7 p.m., Chabad Aleph House
 - Good Friday (Catholic): 7 p.m., Main Post Chapel
 - Good Friday (Protestant): 7 p.m., Solomon Center
 - Good Friday (Daniel Circle Chapel): 7 p.m., Solomon Center

Leader deadlines

Article submissions are due two weeks before publication.
For example, an article for the April 12 Leader

must be submitted by today. Announcement submissions are due one week before publication.
For example, an announcement for the April 12

Leader must be submitted by April 5.
Send your submissions to FJLeader@gmail.com.
For more information, call 751-7045.

ACS Calendar of Events — April

MONDAY, APRIL 2

English as a second language workshop — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, APRIL 3

In-processing/re-entry brief — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222

New federal job application process for military spouses — 9 to 11 a.m.; Strom Thurmond Building, Room 222; to register, call 751-4862

Relocation planning (stateside workshop) — 10 to 10:45 a.m.; Strom Thurmond Building, Room 245

Parenting class: Systematic training for effective parenting — 5 to 6:30 p.m.; Youth Services Center; for more information, call 751-6325

English as a second language class — 5 to 7 p.m.; Main Post Library

WEDNESDAY, APRIL 4

Job searching strategies — 8:30 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862

Post newcomer orientation/tour — 9 to 11 a.m.; Post Conference Room

Phase II Levy overseas move brief — 2:30 to 3:30 p.m.; Strom Thurmond Building, Room 245

THURSDAY, APRIL 5

In-processing/re-entry brief — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222

Career assessment for teens — 10 a.m. to noon; location to be announced; to register, call 751-4862

English as a second language workshop — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

EFMP outing Teddy Mountain — 4:30 p.m.; 461 Town Center Place; participants must be enrolled in EFMP; RSVP required

MONDAY, APRIL 9

English as a second language workshop — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

Take charge of your credit — 11:30 a.m. to 1 p.m.; Main Post Chapel, lower-level activity room

TUESDAY, APRIL 10

In-processing/re-entry brief — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222

Parenting class: Systematic training for effective parenting — 5 to 6:30 p.m.; Youth Services Center; for more information, call 751-6325

English as a second language class — 5 to 7 p.m.; Main Post Library

THURSDAY, APRIL 12

In-processing/re-entry brief — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222

Stress management class — 11 a.m. to noon; Family Advocacy Classroom 10; for more information, call

751-6325

English as a second language workshop — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

Hearts Apart Support Group spring fashion show — 6 to 8 p.m.; Family Readiness Center

FRIDAY, APRIL 13

Heart of the community health and awareness fair — 10 a.m. to 2 p.m.; Solomon Center

MONDAY, APRIL 16

English as a second language workshop — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

Pocket watch — 11:30 a.m. to 1 p.m.; Main Post Chapel, lower-level activity room

TUESDAY, APRIL 17

In-processing/re-entry brief — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222

Resume writing/interviewing — 8:30 a.m. to noon; Strom Thurmond Building, Room 222

English as a second language workshop — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

Running a small business — 9 to 11:30 a.m.; Education Center; to register, call 751-4109/6062

Relocation planning (stateside workshop) — 10 to 10:45 a.m.; Strom Thurmond Building, Room 245

EFMP bowling — 3:30 p.m.; Century Lanes; must be enrolled in EFMP; RSVP required

Parenting class: Systematic training for effective parenting — 5 to 6:30 p.m.; Youth Services Center; for more information, call 751-6325

English as a second language class — 5 to 7 p.m.; Main Post Library

WEDNESDAY, APRIL 18

Job searching strategies — 8:30 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862; to register, call 751-4862

Financial readiness for first term junior enlisted Soldiers — 8:30 a.m. to 4:30 p.m.; Education Center, Room 206B

EFMP brown bag meetup — 11:30 a.m. to 1 p.m.; Family Readiness Center

Phase II Levy overseas move brief — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 245

THURSDAY, APRIL 19

In-processing/re-entry brief — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222

Financial/relocation planning for initial PCS move — 9 to 10:30 a.m.; Education Center, Room 206B

Anger management class — 11 a.m. to noon; Family Advocacy Classroom 10; call 751-6325 to register

Explore careers in the information technology field — noon to 1 p.m.; Education Center, Room B-110; to register, call 751-4862

English as a second language workshop — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

Total Army sponsorship training — 1:30 to 2:30 p.m.; Strom Thurmond Building, Room 213

FRIDAY, APRIL 20

Foreign born spouse game night — 6 to 8 p.m.; location to be announced; to register, call 751-1124/9770

MONDAY, APRIL 23

English as a second language workshop — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

TUESDAY, APRIL 24

In-processing/re-entry brief — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222

AFTB Army 101 course — 8:30 a.m. to 3:30 p.m.; Family Readiness Center; to register, call 751-6315

Steps to federal employment — 9 a.m. to noon; Strom Thurmond Building, Room 222

Parenting class: Systematic training for effective parenting — 5 to 6:30 p.m.; Youth Services Center; for more information, call 751-6325

English as a second language class — 5 to 7 p.m.; Main Post Library

WEDNESDAY, APRIL 25

AFTB Army 101 course — 8:30 a.m. to 3:30 p.m.; Family Readiness Center; to register, call 751-6315

Movie matinee — salary negotiations — 10 a.m. to noon; Strom Thurmond Building, Room 222; to register, call 751-4862

Child safety awareness workshop — noon to 2 p.m.; Main Post Chapel

THURSDAY, APRIL 26

In-processing/re-entry brief — 7:30 to 8:30 a.m.; Strom Thurmond Building, Room 222

Excel computer workshop — 9 a.m. to noon; Education Center, Room B-110; to register, call 751-4862

Immigration 101 workshop — 10 a.m. to noon; Strom Thurmond Building, Room 222; presented by ACS and U.S. Citizenship and Immigration Services

English as a second language workshop — 12:30 to 3 p.m.; Strom Thurmond Building, Room 222

FRIDAY, APRIL 27

Investing in stocks — 11:30 a.m. to 1 p.m.; Main Post Chapel, lower-level activity room

MONDAY, APRIL 30

English as a second language workshop — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222

All ACS classes require registration and are subject to change. To register, call 751-5256/4862/6325.

Free child care may be available for events. For more information on child care, call 751-1124.



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Saluting this Basic Combat Training cycle's honorees

DRILL SERGEANTS OF THE CYCLE



Sgt. 1st Class Robert Bigda
Company A
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Bennett Kelly Bell

SOLDIER OF THE CYCLE
Pfc. Stephan Chatterji
HIGH APFT SCORE
Pfc. Ruben Hidalgo

HIGH BRM
Pfc. Abreante Jones



Sgt. 1st Class Scott Heil
Company B
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Pfc. Ramon Colon

SOLDIER OF THE CYCLE
Spc. Cherrisa Brockington
HIGH APFT SCORE
Pvt. Steven Correa

HIGH BRM
Pvt. Kermit Allen
Pfc. Kevin Killough



Staff Sgt. Meken Vosseller
Company C
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Jeffrey Triplett

SOLDIER OF THE CYCLE
Spc. Ryan Johnson
HIGH APFT SCORE
Pvt. Kaili Owens

HIGH BRM
Pvt. Jonathan Heffner
Spc. Matthew Hunt



Staff Sgt. Carlos Roman
Company D
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Gabriel McDonald

SOLDIER OF THE CYCLE
Spc. Lawrence Holmes
HIGH APFT SCORE
Pvt. Jonathan Hutchins

HIGH BRM
Spc. Jennifer Collado



Staff Sgt. Zeth Strough
Company E
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Kezia Durbin

SOLDIER OF THE CYCLE
Pfc. Daniel Warshany
HIGH APFT SCORE
Sgt. Thomas Schuerle

HIGH BRM
Sgt. John Yurchak



Staff Sgt. Brian Jones
Company F
2nd Battalion,
13th Infantry Regiment
SOLDIER LEADER OF THE CYCLE
Spc. Grant Conrad

SOLDIER OF THE CYCLE
Spc. Steven Kiser
HIGH APFT SCORE
Spc. Steven Kiser

HIGH BRM
Pfc. Jose Paneto-Acosta

Training honors



FOIST



COLON



FISHER



VALENTINE



HAYWOOD



BOWEN



TAYLOR



MORALES

DRILL SERGEANT SCHOOL

- Staff Sgt. Richard Foist**
Drill sergeant leader
- Staff Sgt. Pamela Colon**
Distinguished honor graduate
- Staff Sgt. David Fisher**
Leadership award
- Sgt. 1st Class Dana Valentine**
PT award

ADJUTANT GENERAL SCHOOL

- 2nd Lt. Bradley Haywood**
Distinguished honor graduate
Basic Officer Leaders Course
- Chief Warrant Officer 3 Chad Bowen**
Distinguished honor graduate
Warrant Officer Advanced Course

TASK FORCE MARSHALL

- Sgt. Dustin Taylor**
Drill Sergeant of the Cycle
Company B
- Sgt. Michael Morales**
Drill Sergeant of the Cycle
Company C

Calendar

Monday, April 9

Employee Assistance Program supervisory training

9 a.m., Post Conference Room
The training will cover EAP services offered and the referral process. For more information, call 751-5007.

Tuesday, April 10

AG Corps Regimental Association Carolina Chapter meeting

11:30 a.m. to 1 p.m., Officers' Club

Friday, April 30

Reserve Officers Association golf tournament

9 a.m., Fort Jackson Golf Club
For more information, visit www.roa.org/SC-ch06.

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Throughout March

Plastic bag recycling

Take your plastic grocery bags to the Community Center during the month of March. Residents will receive a raffle ticket for every 20 bags.

Friday, 3 p.m.

Easter basket cupcakes

Learn how to make Easter basket cupcakes. RSVP is required by Tuesday. To RSVP, call 738-8275 or email ayoungblood@bbcgpr.com.

Friday, April 10

Ladies' night book exchange and wine glass painting

Learn how to paint wine glasses and take the opportunity to exchange books, mainly romance novels. RSVP is required by April 5. To RSVP, call 738-8275 or email ayoungblood@bbcgpr.com.

Announcements

VOLUNTEENS SOUGHT

The Fort Jackson Red Cross will accept application for its VolunTEEN summer program beginning Tuesday. Applicants must be 14 or older. VolunTEENS work at Moncrief Army Community Hospital alongside medical professionals. Applications can be submitted through May 21. For more information, call 751-4329.

NEW SKIES CLASSES

SKIESUnlimited will offer creative movement and pre-ballet classes beginning April 7. Creative movement is for children 2 to 4 years old and is scheduled from 10 to 10:30 a.m., Saturdays. Pre-ballet is for children 4 and 5 years old and is scheduled

from 10:45 to 11:30 a.m., Saturdays.

SKIESUnlimited has scheduled parent and child, preschool, beginner and intermediate swimming lessons, which will be offered April 3-26.

A parent and child tumble tots class is set to begin April 6 and will take place from 10 to 10:30 a.m., Fridays.

A free tennis demo for children 5-18 is scheduled from 9 to 10:15 a.m., Saturday at Semmes Tennis Courts.

For more information, call 751-6777.

HEALTH AND AWARENESS FAIR

The Exceptional Family Member Program and Family, Morale, Welfare and Recreation will host a health and awareness fair from 10 a.m. to 2 p.m., April 13, at the Solomon Center. The theme is "Heart of the Community." Agencies, organizations, support groups and therapists will be available to provide information about their services.

FORECLOSURE REVIEW

Service members who faced foreclosure in 2009 or 2010 may be eligible for a free, independent case review. The deadline to apply for the review is April 30. For more information, call 751-5256 or visit www.occ.treas.gov and click on "Independent Foreclosure Review."

USA STAFFING TOWN HALLS

The Civilian Personnel Advisory Center will host a series of town hall meetings to inform the Fort Jackson community about the new USA Staffing recruitment and placement system, which will take effect April 23. The following events are scheduled:

□ Post Theater

Today and April 6: 9 to 10:30 a.m.

April 10 and 13: 1:30 to 3 p.m.

□ Soldier Support Institute auditorium

Tuesday, Wednesday and April 9: 2 to 3:30 p.m.

Wednesday, April 9 and 10: 9 to 10:30 a.m.

GRADUATION TIME CHANGE

Basic Combat Training graduation today is scheduled for 10 a.m. instead of 9 a.m.

TAX CENTER

The Fort Jackson Tax Center is open from 10 a.m. to 7 p.m., Monday through Friday. For more information and to schedule an appointment, call 751-5829.

FEDERAL JOBS FOR SPOUSES

Army Community Services has scheduled a workshop for military spouses on the new USA Staffing system for federal job application. The workshops are scheduled for Tuesday, 9 to 11 a.m., at the Strom Thurmond Building, Room 222. For more information and to register, call 751-4862.

EXTENDED CHILD CARE

Imboden Street Child Development Center now offers enhanced extended hours care to provide overnight and week-end child care. The service is available to

Soldiers who have verification from their chain of command that mission requirements necessitate the child care. For more information, call 751-1672 or email Rose.Edmond@us.army.mil.

AA OPEN MEETINGS

Alcoholics Anonymous open meetings are scheduled from 9 to 10 a.m., Wednesdays and Fridays at 9810 Lee Road. For more information, call 751-6597.

FINANCIAL LITERACY MONTH

Army Community Services will host a variety of seminars throughout April to observe Financial Literacy Month. Topics include credit basics, credit reports, paying off debt, stocks and more. For more information, visit <http://fortjacksonmwr.com/acs/> and click on "Financial Literacy Month."

MACH NUTRITION CLINIC

The MACH Nutrition Clinic has scheduled the following class: — Cholesterol and high blood pressure class, 2 to 3 p.m., today

All classes take place at Moncrief Army Community Hospital, Room 8-85. For more information and to register, call 751-2115/2363/2273.

THRIFT SHOP NEWS

The Thrift Shop will be closed April 3-6 and will reopen April 10. Customer appreciation day is scheduled for April 18. The store has a number of gowns available as part of its Golden Carriage Program. The program provides formal wear for female sergeants and below and wives of sergeants and below. The Thrift Shop is open from 9 a.m. to 3 p.m., Tuesdays and Thursdays, and from 9 a.m. to 5 p.m., Wednesdays. Organizations may submit welfare applications throughout the year. Anyone can shop at the Thrift Shop, but only military ID card holders can consign items.

TELEPHONE BOOK RECYCLING

Old telephone books can be dropped off at the Fort Jackson Recycling Center through Saturday. Phone books can be turned in from 7 a.m. to 3 p.m., Monday through Friday, and from 8:30 a.m. to 3:30 p.m., Saturday. For more information, call 751-4208.

LUNCH WORKOUT

The 187th Ordnance Battalion Functional Training Center offers lunchtime workouts at noon, Tuesdays and Fridays, at 2250 Sumter Ave. For more information, call 751-9740 or email Sophie.Hilaire@us.army.mil.

MG URSANO SCHOLARSHIP

The MG James Ursano Scholarship Program offers scholarships for dependent children of active, retired and deceased Soldiers. The scholarships are awarded based on financial need, academics and leadership/achievement. The deadline to apply is Monday. For more information, visit www.aerhq.org or call (866) 878-6378.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events.

Send your announcements to fjleader@gmail.com. Community announcements may be edited to comply with Leader style and Public Affairs regulations. Announcements are due one week before the publication date. For more information, call 751-7045.

For information about classified advertising, contact Camden Media Co. at 432-6157. Classified ads may also be sent by fax to 432-7609 or by email to skaress@ci-camden.com.

School notes

RICHLAND ONE PRE-K DEADLINE

The deadline for parents to register their children for Richland One's pre-kindergarten program has changed. Parents now have until June 1 to enroll their 4-year olds. For more information, call 231-6882/6709.

ON-POST SCHOOLS REGISTRATION

School registrars will send home a letter April 9 along with the required form for parents to register for the next school year. The deadline to return the completed form is April 20.

RICHLAND ONE TRANSFER SEASON

Richland One is accepting transfer requests until May 1. Application forms are online at www.richlandone.org. For more information, call 231-6944.

Off-post events

The Fort Jackson Leader accepts only off-post announcements for those organizations or events that directly relate to service members and their families.

PURPLE UP FOR MILITARY KIDS

South Carolina Operation: Military Kids is encouraging everyone to wear purple April 13 as a show of support for military children. For more information, visit www.scomk.org.

DRILL SERGEANT REUNION

A reunion for drill sergeants and support staff assigned at Fort Jackson during the 1970s and 1980s is planned for June. For more information, call (785) 375-1433 or email rubyrobinson60@yahoo.com.

OPERATION PURPLE CAMPS

Operation Purple Camps offer a free week of summer camp for children whose parents were/are deployed at any time between September 2011 and December 2012. For more information, visit www.militaryfamily.org.

MARINES WANTED

The Marine Corps League, Detachment 829 is looking for Marines to join. For more information, email hhulett156@bellsouth.net.



JUST FOR KICKS

USC Men's Soccer Team helps
Fort Jackson children hone their skills



USC Men's Soccer Assistant Coach Spencer Lewis, center, leads a skills training session at the Fort Jackson youth soccer field Tuesday afternoon. Lewis, Assistant Coach Bert Molinary and several members of the USC Men's Soccer Team spent two hours teaching children the fundamentals of the game.



Left, children take a break from their instruction to try the techniques taught them by college soccer players.



USC goalkeeper Chris Duzan, right, works with a smaller group of children Tuesday during the soccer skills clinic.

Dogs to put best paw forward

By **THERESA O'HAGAN**

*Family and Morale,
Welfare and Recreation*

For the sixth year in a row, Fort Jackson dog lovers can show off their best friends in the wackiest dog show ever, the April Fool-ish Dog Show, Sunday, at the Youth Sports Complex.

The annual dog show is one of many activities planned for April to support Month of the Military Child and the Army Family Covenant.

The Child, Youth and School Services April Fool-ish Dog Show is not the right dog show for dogs that never bark to wake the dead in the middle of the night, have a coat that is always smooth and shiny or breath like perfume, and never leave puddles on the floor.

Competition will be ruff and could get a little hairy. All participants will receive a "doggy bag" for participating, but first, second and third place awards will be given in the following categories: Prettiest Eyes, Hairiest Dog, Longest Tail, Most Diva-Like, Celebrity/Owner Look-A-Like, Longest Ears, Best Costume, Best Kisser, Most Unique Trick, Ya Gotta Love Me, Most Mysterious Heritage, Best Senior, Cutest Puppy and Best Vocal Performance.

There will also be a separate show for children who don't own a real dog, but want to compete with a stuffed dog. Categories for that show include: Least Obedient, Squeeziest, Biggest, and Most Resembling A Real Dog.

Last year's show was a bow wows-ing success, said Beverly Metcalfe, Child,



Leader file photo

The sixth annual April Fool-ish Dog Show is scheduled from 2 to 4 p.m., Sunday at the Youth Sports Complex. The show will rate dogs in categories such as Best Costume, Best Vocal Performance and Hairiest Dog.

Youth and School Services administrator who paws-ed to speak about the event. More than 30 dogs of all shapes and sizes participated and a tail-waggin' time was had by both the two-legged and four-legged participants.

"This year we expect even more dogs and will have a very hard time deciding on the winners," said one of the judges who chose to remain anonymous. "I don't think any dog has ever left empty handed. Or is that empty pawed? Every year all of the dogs are wonderful. Of course the very smart ones know how

to influence the judges by turning on the charm and literally kissing up to them. This is one contest where licking or jumping on the judge will give you a distinct advantage."

Show hours will be from 2 to 4 p.m., with registration beginning at 1:30 p.m. Contestants are urged to pre-register for the event. Registration is free with a donation of old towels, blankets, dog toys, leashes or treats. All proceeds will be donated to the Fort Jackson Veterinary Clinic.

Pre-registration packets may be obtained at any CYSS location or at the CYSS Central Enrollment Office in the Joe E. Mann Building, 3392 Magruder Ave. For more information, contact Beverly Metcalfe at 751-3053.

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Send all submissions to FJLeader@gmail.com or call 751-7045.



FMWR calendar

THURSDAY

- ❑ Visit **Century Lanes** for food, fun and bowling.
- ❑ **Victory Bingo**, 2 to 11 p.m.
- ❑ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

FRIDAY

- ❑ Look what I can do, **Thomas Lee Hall Library**. Call 751-5589 for more information.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the seafood buffet.
- ❑ **Victory Bingo**, starts at 2 p.m.
- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.
- ❑ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

SATURDAY

- ❑ **Victory Bingo**, starts at 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.

SUNDAY

- ❑ Enjoy a traditional Sunday brunch buffet at the **Officers' Club**, 11 a.m. to 1:30 p.m.
- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Every Sunday is Family Day at the **Youth Center**, 2-6 p.m.

WEDNESDAY

- ❑ Victory Readers Club, 6 to 8 p.m., **Post Library**.
 - ❑ **4-H Club** meets 4 to 5 p.m; for grades 1-5. Call 751-1136 for information.
- For a full calendar of events, visit www.fortjacksonwr.com.*

ONGOING OFFERS

- ❑ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ❑ The NCO Club breakfast buffet is 6 to 9 a.m., Monday through Friday. The cost is \$6.50 for adults and \$3.75 for children 4 to 10 years old. Lunch is 11 a.m. to 1:15 p.m. and is \$8 for adults.
- ❑ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.
- ❑ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. Others requiring care may sign up, but will pay the usual hourly rate. For more information, call 751-4865.

Tips help 'get your plate in shape'

By **LT. COL. SANDRA KEELIN**
U.S. Army Public Health Command

March is National Nutrition Month. This annual campaign, sponsored by the Academy of Nutrition and Dietetics (formerly the American Dietetic Association), reinforces the importance of good nutrition and physical activity. The academy also helps consumers understand how to implement the 2010 Dietary Guidelines for Americans.

The theme for this year, "Get Your Plate in Shape," encourages Americans to return to the basics of healthful eating by consuming the recommended amounts of food essential for performance and health.

This year's theme coincides with the U.S. Department of Agriculture's MyPlate, which replaced MyPyramid in June 2011. MyPlate is the government's primary food group symbol and is an easy-to-understand visual cue used to show Americans how to incorporate the recommendations of 2010 Dietary Guidelines into every meal.

MyPlate uses the familiar image of a place setting for a meal to illustrate the five food groups. The plate is divided into four sections (fruits, vegetables, grains and proteins)

and includes a glass representing dairy products.

Simple key messages of MyPlate include:

❑ **Balance your calories by managing calories in with calories out.** Enjoy your food, but eat less. Eating fast or when distracted may cause you to eat more calories than you need.

Take the time to fully enjoy your meal by eating slowly. Downsize your portion sizes by using a smaller plate, bowl or cup. When eating out, choose smaller-sized options, share with a buddy or save part of the meal for later. Include physical activity into your daily routine; this too helps you balance calories.

❑ **Choose foods to eat more often.** Eat foods that are nutrient-rich more often, and make them the basis for meals and snacks. These foods contain health-promoting nutrients such as potassium, calcium, vitamin D and fiber. Switch to fat-free or low-fat (1 percent) milk and dairy products. Fill half your plate with a variety of colorful fruits and veggies



(to include beans and peas). Make at least half your grains whole grains by substituting whole-grain foods for refined (switching to whole-wheat bread from white bread or brown rice instead of white rice).

❑ **Choose foods to eat less often.** Foods that are high in solid fats, added sugars and salt should be used as occasional treats, not everyday foods. To reduce salt in your diet, use the Nutrition Facts label to compare sodium in foods, and choose lower sodium versions of foods such as soup, bread, frozen

and other convenient foods. Drink fewer sugar-sweetened beverages, such as soda, energy drinks and sport drinks, which are a major source of added sugar and calories in the American diet. Consume smaller portions and substitute with water or other unsweetened beverages.

To help you get your plate in shape, check out the Super Tracker, an online tool where you can get a personalized nutrition and activity plan. Find the SuperTracker and more information about MyPlate at www.ChooseMyPlate.gov.

Mouth guards protect athletes' smiles

By **COL. JEFF CHAFFIN**
TRICARE Dental Care Branch

If you or your child participates in sports or other recreational activities, you know the importance of protective gear. Wearing protective gear is essential for safe play and shielding fragile body parts from severe damage and injuries.

One good way to protect your teeth is by wearing an athletic mouth guard during any activity that could cause harm or injury to your mouth. The TRICARE Dental Program covers enrollees for one custom-fitted athletic mouth guard at a 50 percent cost-share, per consecutive 12-month period.

Athletic mouth guards help to prevent broken and chipped teeth, cuts inside the mouth and tongue, even nerve damage and tooth loss possible during some activities. Using an athletic mouth guard may also reduce the rate and severity of concussions, according to the American Dental Association. Athletic mouth guards absorb some of the shock experienced from a blow to the head, and help to distribute it evenly.

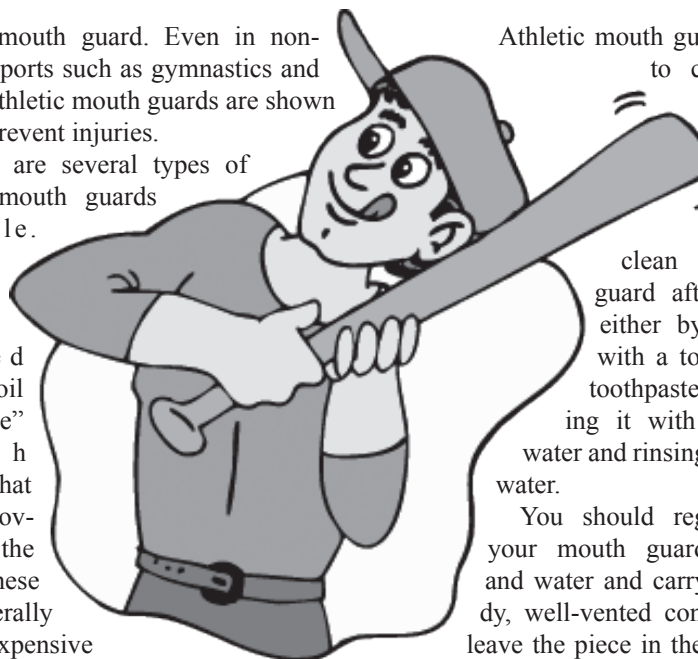
According to the ADA an athlete is 60 times more likely to suffer injury to his or her teeth or mouth when not wearing an

athletic mouth guard. Even in non-contact sports such as gymnastics and biking, athletic mouth guards are shown to help prevent injuries.

There are several types of athletic mouth guards available.

Many stores sell pre-formed and "boil and bite" mouth guards that are not covered by the TDP. These are generally less expensive options than having your dentist custom-fit a piece for you, however they will most likely not fit as well and may be uncomfortable to wear.

Your athletic mouth guard should fit comfortably, and not restrict your breathing or speech. It should be easy to clean and be made of a resilient, tear-resistant material. Visit your TDP-participating dentist and talk about the best option for you and your children.



Athletic mouth guards are easy to care for and should be taken care of properly. Make sure you clean your mouth guard after each use, either by brushing it with a toothbrush and toothpaste or by washing it with cool, soapy water and rinsing it with clean water.

You should regularly wash your mouth guard with soap and water and carry it in a sturdy, well-vented container. Don't leave the piece in the sun because extreme heat can alter the shape and fit of your mouth piece. Finally, take your mouth guard to each dentist appointment so that your dentist can check for proper fit and damage or wear. Your dentist can answer questions you might have about use or care.

Visit www.TRICAREdentalprogram.com for more information on mouth guards, costshares, other benefits, and to find a TDP participating dentist near you.

MACH UPDATES

FLU SHOTS

Seasonal flu shots are available to eligible beneficiaries 4 and older from 8 a.m. to 4 p.m., Monday through Friday, at the Immunization Clinic on the sixth floor of Moncrief Army Community Hospital. Children 3 and younger may be vaccinated at the Family Health Clinic on a walk-in basis.

REFILL PHARMACY

Moncrief Army Community Hospital Refill Pharmacy is located in the Exchange next to the UPS store. The Refill Pharmacy offers a 24-hour turnaround service. If prescriptions are called in before noon, they are ready for pick-up the following day after noon. All call-in medications are kept on the pick-up shelf for seven business days after they have been filled. After seven business days, the medications are returned to stock.

To reprocess the medication, patients must call or come into the Exchange Refill Pharmacy to request the refill. The Refill Pharmacy hours of operation are: 9 a.m. to 6 p.m., Monday through Friday, and 9 a.m. to noon, Saturday.

For automated call in refills, call 751-2250 or (866) 489-0950 For the patient refill help line, call 751-4609.

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the April 12 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the April 12 Leader

must be submitted by April 5.

Send all submissions to FJLeader@gmail.com.

For more information, call 751-7045.





Back-to-back winter champs

The Soldier Support Institute team was named Winter Basketball League champions March 26 after defeating the 81st Regional Support Command, 61-48. It was the second of two games played that day, with the 81st RSC winning the first game, 48-38. Pictured, SSI players hold up two fingers, representing the number of consecutive seasonal championships the team has won.

Courtesy photo

Sports shorts

LETTERS OF INTENT DUE

Letters of intent for the following sports are now accepted by the Sports Office:

- ☐ Lunch bowling; open to all ID card holders; due April 19. League play will start May 1 and continue for 10 weeks from 11:45 a.m. to 12:50 p.m. on Tuesdays.
- ☐ Reverse triathlon; open to active duty military only; sign up by April 19. The event is scheduled for April 28 and will include an 11-mile bike ride, a 3.2-mile run and a 300-meter swim.
- ☐ Strongman competition; open to active duty military only; sign up by May 8.

Weigh-ins are scheduled for May 16, the competition will take place May 17. The event includes a Hummer pull, stone carry and tire flip.

For more information, call 751-3096.

ARMED FORCES DAY WALK/RUN

The Armed Forces Day 5K fun run/walk and 10K run is scheduled for 8 a.m., May 19.

The event is open to all ID card holders.

POST GOLF TEAM QUALIFIER

The Post Golf Team qualifier is sched-

uled for April 14-15. Soldiers who want to represent Fort Jackson in two tournaments can sign up at the Fort Jackson Golf Course.

For more information about intramural sports, contact the Sports Office at 751-3096.

VOLLEYBALL BEGINS IN APRIL

Volleyball begins April 2 in Coleman with matches set for 6:15, 6:45 and 7:15 p.m. Contact the Sports Office for a full schedule.

DART STANDINGS

Recreational teams	
1st CivDiv	25+
Sharp Shooters	23+
Intramural teams	
MACH	24+
2-60th	19+
187th	19+
120th, Team 1	15+
1-61st	11+
4-10th	11+
3-34th	10+
TFM	7+

Standings as of Wednesday

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Want more Fort Jackson news? Watch Fort Jackson video news stories and Victory Updates at <http://www.vimeo.com/user3022628>

FIRST RESPONDER

**Lt. Col.
Raymond Simons**
Director, Emergency Services

Maj. Bradford Fisher
Provost Marshal

Sgt. Maj. Bruce Sirois
Provost Sergeant Major

Bill Forrester
Fire Chief

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

CASES OF THE WEEK

❑ A parked government vehicle sustained scratches on the driver's side during a hit-and-run accident, Military Police reported. No injuries were reported.

❑ A civilian was arrested for drunken driving after failing to stop while entering Gate 2, according to police reports. The



civilian received three citations and was released on his own recognizance, MPs said. The vehicle was released to the passenger.

❑ Military Police took custody of a Soldier who was held at Alvin S. Glenn Detention Center after being arrested off-post for fighting and drunkenness, officials reported.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

FORCE PROTECTION THOUGHT OF THE WEEK THINK OPERATIONAL SECURITY



“Loose Lips Sink Ships”



Follow the Leader on Twitter
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